



Defining
EXCELLENCE
in the 21st Century

**VA Health Care Upstate New York
VA Western New York Healthcare System**
3495 Bailey Avenue | Buffalo, NY 14215
222 Richmond Avenue | Batavia, NY 14020
www.buffalo.va.gov

FOR IMMEDIATE RELEASE

Date: May 14, 2013

Contact: Evangeline Conley, Public Affairs Officer
Phone: (716) 862-8753 Cell: (716) 512-9338
Fax: (716) 862-8755
E-mail: Evangeline.Conley@va.gov

VA2K Walk and Roll Event Promotes Employee Wellness

VA Western New York Healthcare System will host a 2K “walk and roll” event on Wednesday, May 15, in Buffalo and Batavia from 11:00 a.m. – 1:00 p.m. to coincide with National Employee Health and Fitness Day.

“Worksite wellness activities enhance employee engagement and contribute to a more productive and healthy workforce,” said Dr. Miguel Rainstein, Chief of Staff. “VA’s 2K here at both Buffalo and Batavia sites were successful and we are encouraging more participants in support of wellness and homeless Veterans.”

VA Western New York Healthcare System events are just two of many 2Ks taking place May 15 at other VA facilities across the country. In conjunction with the event, we are encouraging participants to bring new items such as t-shirts, undergarments, and toiletries to the registration table for in-kind donations to be used to support existing VA programs for homeless veterans. However, there is no requirement for a donation in order to participate.

In Buffalo, the 2K will begins in Veterans Park at the medical center and in Batavia, it begins at the patio entrance. In the event of inclement weather, the 2K will be held indoors. Pre-registration is not required. For additional information and more event details, please contact the local 2K coordinator, Evangeline Conley at 716-862-8753 in Buffalo or Jamie Wasielewski at (585)297-1175 in Batavia.

VA’s employee wellness program is known as WIN (Wellness is Now). WIN empowers employees with the knowledge, skills and tools they need to create a culture of health and wellness. Further, WIN encourages employees to use their appreciation of wellness to inspire Veterans to live healthier lifestyles. WIN integrates traditional occupational safety and health programs with health promotion activities, addressing both workplace and worker health and helping VA employees to do their important work of serving the Nation’s Veterans.

#